

Carolina country

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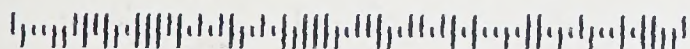


What Works

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June 2015

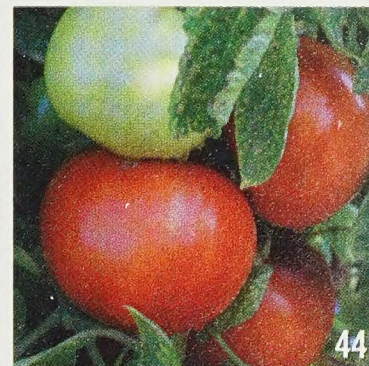
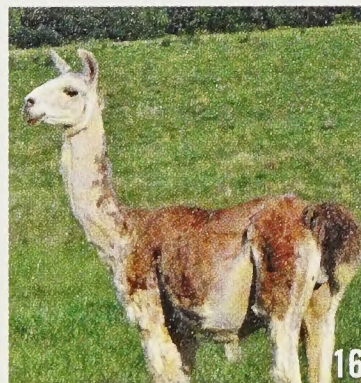
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Willie "Buddy" Melvin and his amazing Sampson County treehouse. See page 20.
(Photography by Michael E.C. Gery)



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Editor

Michael E.C. Gery, (919) 875-3062

Senior Associate Editor

Renee C. Gannon, CCC, (919) 875-3209

Contributing Editor

Karen Olson House, (919) 875-3036

Creative Director

Tara Verna, (919) 875-3134

Senior Graphic Designer

Warren Kessler, (919) 875-3090

Graphic Designer

Erin Binkley, (919) 875-3089

Graphic Designer

Linda Van de Zande, (919) 875-3110

Publication Business Specialist

Jenny Lloyd, (919) 875-3091

Advertising

Jennifer Boedart Hoey, (919) 875-3077

Executive Vice President & CEO

Joseph P. Brannan

Senior Vice President, Corporate Relations

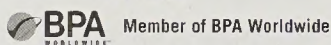
Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Transforming from Ho-Hum to Always On



By Mitchell Keel

We face many challenges in our industry today, but our focus remains on supporting our members and turning these challenges into opportunities that improve people's lives.

For decades our industry relied on fossil fuel sources to generate electric power. The generation fleet grew, and nuclear power generation was added for efficiency and to meet increasing demand. And we built an infrastructure—the grid—to deliver affordable energy. This model served us for many decades. But the landscape is changing.

Fossil fuel generation is under regulatory pressure to reduce carbon emissions. Wind and solar resources are being integrated into the grid. And consumer energy use is declining. The EPA has proposed an emissions reduction plan that will severely restrict fossil fuel generation, especially coal, at existing generation plants. It also promotes using more natural-gas fired generation, as well as renewable energy and consumer efficiency programs.

As we replace coal-fired generation with natural gas—the trend in the nation now—we may face more volatility in wholesale electricity costs and ultimately rates that consumer-members pay. Natural gas prices have been low and less volatile in recent years because we've seen an abundance of shale gas. But the lack of volatile natural gas prices today is not a guarantee that we won't encounter them in the future. Those supply and demand curves will certainly change.

More than 50 percent of the co-ops' energy mix for making electricity comes from nuclear energy. We can count on our investment in nuclear generation to provide some stability in our costs.


In North Carolina, renewable resources, including hydropower, account for approximately 5 percent of the total energy supply. While we're seeing lots of solar panels around us, we're still only at 5 percent. But we do expect it to grow. Installation costs for

renewable systems are going down. But the fact remains that renewable energy is still more expensive than traditional generation resources. Also, solar and wind can't provide a reliable and continuous source of energy throughout the day, making the need for traditional sources still very important. The pace of growth in renewable energy for generation will be dictated by the resource costs, legislative policies, and incentives.

Technology has been an enabler for change in many industries, and ours is no exception. We have implemented maps online to inform members about outages and restoration. We have introduced real-time electric usage data and pre-pay metering to assist members with payment options and energy savings. These are just a few examples of how we have applied new technology.

Technology, of course, must be supported by the knowledge and expertise of energy professionals. Electric cooperatives are more than infrastructure. We are the trusted energy advisor that members count on.

Our advantage for realizing these opportunities comes from our mission: to serve our members and improve quality of life in our communities. This is our guiding principle as we evaluate new technology and services.

As we transform from the Ho-Hum utility of 20 years ago to the Always-On utility of the future, we need to ensure that our people are educated, trained and able to make crucial decisions. North Carolina's cooperatives are setting the trend among utilities nationwide. I am confident that we will look back on this period and see that we sailed the ship well during a tumultuous time. 

Mitchell Keel is CEO of Four County EMC, based in Burgaw, and recently completed a two-year term as president of North Carolina Electric Membership Corporation, the power supply entity owned by the state's electric cooperatives. This was excerpted from his remarks to the NCEMC annual meeting in April.

Lighten up

Many of you countered Jimmy Roddy's opinion that North Carolina's law requiring vehicles to display headlights in rainy weather is "one of the dumbest" and that "we drove without this law for years and got along just fine."

[Viewpoint, May 2015]

David Helms, Harrisburg, Union

Power: "I drove an 18-wheeler for 39 years and I can't begin to tell you how many times I almost hit another vehicle because I did not see them in the spray from the rain as they were passing me."

Lavina Mack, Bakersville, French

Broad EMC: "A good many cars, because of their color, are very hard to see in inclement weather and at dusk and or dawn."

Alice Johansen, Mebane, Piedmont

EMC: "I have had only one auto accident. It was 7 a.m. and raining. I signaled for a left turn, began the turn and suddenly there was a black car, against a dark background, he had no lights. Only when my lights reflected off his chrome wheels could I know he was there. Fortunately, damage was moderate, no one was hurt."

Jonathan Hoin, Weddington, Union

Power: "Why do you think insurance companies ask if your new car has Daytime Running Lights? It's because they save lives and property by helping people see other vehicles on the road. Your insurance cost goes down if you have them."

Howard Lusk, Southport, Brunswick

EMC: "The reason that you turn on your headlights when it is raining isn't so that you can see better; it's so that oncoming traffic sees you coming and doesn't smack you head on while they are passing a car."

Sally Wilson, Boone, Blue Ridge

Electric: "Sometimes in heavy rain, I'm barely able to see a car without its headlights on. If we all drove without headlights in the rain, I think there would be significantly more wrecks."



Fog

My favorite subject to photograph is nature, and I have the best subjects in my backyard.

Annie Frances Pope, Dunn, South River EMC



Electric ride

I enjoyed your April article "Electric Rider." Electric transportation is certainly an industry with a good future. This photo shows an all-electric, street-legal, fun car I built in Brevard and plan to sell in kit form, assembled or unassembled. Price depends on how fast and how far you want to go. Batteries, motors and controllers are widely available.

Craig Melby, Brevard, Haywood EMC
craig.melby@gmail.com

The giant cowboy

As a child, I remember riding through Hickory and seeing a giant cowboy standing at either a service station or car lot. The location would have been around Fairgrove Church Road. Does anyone remember the cowboy I am referring to? And if anyone out there has a picture of him, I would love to see it.

Angela Jones, Lincolnton, Rutherford EMC

Contact us

Website: carolinacountry.com

E-mail: editor@carolinacountry.com

Phone: (919) 875-3062

Fax: (919) 878-3970

Mail: 3400 Sumner Blvd.
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Diane Price of Mollies Branch

By Sue Spirit

It's called Mollies Branch, a picturesque farm in Todd, Ashe County, that's a jumble of Concord grapevines, shiitake mushroom logs, old cabins and a lodge from a former girls camp, a little bubbling creek, beehives and a barn containing a friendly pig, a goat, ducks, a crazy chicken named Hector, and, best of all, three cuddly, kissable llamas.


Earth mother of the place is Diane Price, master gardener, sustainable farming coach of college student interns, physician assistant at a nearby free medical clinic, world-traveling volunteer, and writer.

Diane's medical stints abroad include working with Mother Teresa at her home for the dying in Calcutta and holding backcountry clinics in Afghanistan during the Soviet invasion of the mid-1980s. Before leaving for Afghanistan she was asked to make out her will and be prepared to die. For her safety in Afghanistan, Diane was dressed in a burqa, tied onto a camel, and spirited from makeshift clinic to makeshift clinic under cover of night, sleeping in tea houses and chicken coops along the way.

This busy, dedicated woman sometimes puts writing on a back burner. But adding to the newspaper articles she wrote about her volunteer adventures, she's currently holed up in one of her tiny cabins working on a rich tapestry of a novel about a woman of her grandmother's era, called *Ida Kate*.

Diane's love of llamas led her on an adventure trip to Peru recently, where she met llamas and alpacas everywhere she turned. At the ancient Inca ruin Sacsayhuaman, she came

face to face with a brand-new black baby llama. She was close to tears as she thought of Cuzco, her own little black llama and the day he was born. Hiking the celebrated ruins of Machu Picchu, she encountered dozens of llamas frolicking on the rocks.

Always on the lookout for short-term volunteer health care opportunities, Diane thinks her next stint will be at the soon-to-be-established medical clinic, the East Africa Institute of Health, in the village of Bulumagi, Uganda. It's the inspiration of Boone residents Tina Groover and Marian Peters, and the village women. In fact, Diane hopes to arrive at the project one step sooner: she'll go early and help make mud bricks for the clinic's walls. Leave it to Diane! 

Sue Spirit lives in Zionville, Watauga County, and is a member of the Blue Ridge Electric cooperative.

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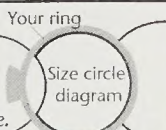
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WOMEN'S SIZES





Linemen from Georgia electric cooperatives helped maintain the electric distribution system at a Costa Rican co-op.

Electric cooperatives without borders

Two electric cooperatives in Costa Rica, established with help from U.S. electric co-ops, recently marked their 50th anniversaries.

Leaders from the National Rural Electric Cooperative Association (NRECA) visited the country to honor the work of Coopelesca (Cooperativa de Electrificación Rural de San Carlos) and Coopeguanacaste (Cooperativa de Electrificación Rural de Guanacaste).

In 1965, NRECA International helped form these two electric cooperatives with funding provided by the U.S. Agency for International Development. Coopelesca, headquartered in Quesada, San Carlos, serves the north central region of Costa Rica. Coopeguanacaste, headquartered in Santa Cruz, serves the northwestern coastal Guanacaste region of the country. Both have been critical engines for economic growth to their communities. Collectively, they serve more than 145,000 member-owners and own more than 50 megawatts of hydroelectric and wind energy generation resources.

NRECA is the national service organization that represents the nation's more than 900 private, not-for-profit, consumer-owned electric cooperatives, which provide service to 42 million people in 47 states. NRECA's international program — NRECA International — has been working in developing countries since 1962. Its global commitment has helped provide electricity to more than 110 million people in 42 countries.

Moving toward energy-efficient water heaters

The federal government this spring enacted new requirements for residential water heaters designed to improve their efficiency and use less energy. The standards apply to all water heaters regardless of what sources they use for heating: electric, gas, propane or oil.

The least efficient water heaters under 55 gallons that have previously been available to consumers will no longer be, once the existing stocks are sold. Homeowners replacing units will need to purchase the more efficient units.

For those who have less efficient models in their homes, the dimensions of the available replacement products may be a few inches wider or taller requiring minor adjustments to spaces and plumbing. However, no new venting or draining systems will be needed for these products. Another option would be to have the same-sized product with about 10 percent less capacity. For those who currently have the most efficient electric resistance products, there will be no change.

All residential electric models over 55 gallons must be of the hybrid electric heat pump water heater type design. Hybrid electric heat pumps will use less electricity than traditional electric resistance water heaters, but also have additional space and plumbing requirements.

It is unclear how prices will be affected at this point, but they will likely increase. The greatest impact is anticipated for the larger than 55-gallon units, as the hybrid electric heat pump equipment is generally more expensive than the previous electric water heater technology (see graphic).

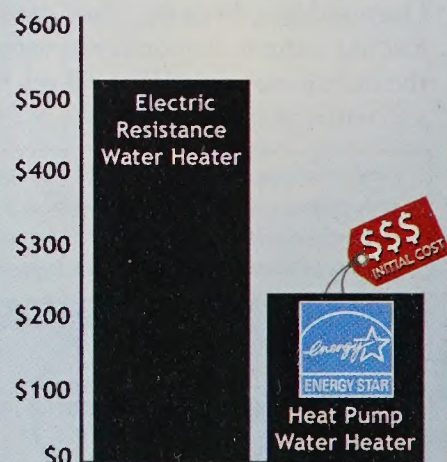
Natural gas water heaters will also increase in size, will have new technology and installation requirements for the larger units, and will likely be more expensive.

Heat Pump Water Heaters Cost More Initially, But May Trim Electric Bills

Energy Star-qualified heat pump water heaters cost almost **twice as much** as standard electric resistance models, but may cut energy costs in half.

Annual Energy Costs (\$/Year)

Based on average household of 2.6 occupants, U.S. Census Bureau, 2006



Source: Energy Star

Slow growth in electricity demand could mean higher rates for consumers

A recent federal government report indicates that demand for electricity is slowing, but prices could be rising. For the next 25 years, U.S. electricity use will grow by an average of less than 1 percent a year, according to the Energy Information Administration's Annual Energy Outlook 2015.

Lower load growth could spell an increase in retail electricity prices, EIA said, since higher costs to produce and distribute electricity will be spread across fewer kilowatt-hour sales. "Rising costs for electric power generation, transmission, and distribution, coupled with relatively slow growth of electricity demand, produce an 18 percent increase in the average retail price of electricity over the period from 2013 to 2040," the agency said.

Regulations such as the Mercury and Air Toxics Standards will add to costs by requiring new emissions control equipment and new generation to replace retired power plants. EIA said the mercury rule and low natural gas prices may lead to the retirement of 31 gigawatts of coal capacity between 2014 and 2016.

Energy-efficiency standards have played a big role in reducing demand, EIA said.

"Residential consumption has also declined as the population has shifted toward warmer climates, reducing the need for space heating," it added.

The study does not incorporate the potential impact of the Obama administration's Clean Power Plan, which has not been finalized.

—Steven Johnson, ECT.coop

CO-OPS AND COMMUNITY JOBS

The Robeson County landfill gas-to-electricity site.



Lumbee River EMC helps Robeson County add energy generation at its landfill site

Lumbee River EMC recently helped Robeson County expand its landfill gas-to-electricity operation. Because the co-op secured \$940,000 in USDA rural development funding, Robeson County added an additional 1-megawatt power generation system to the Robeson County Municipal Solid Waste Landfill in St. Pauls.

The project of converting biogas, mostly methane, to electricity has been underway at the landfill site since 2012. The additional generator allows the operation to fully collect and convert biogas released throughout the 48-acre covered section of the landfill. With just one generator previously in place, the operation captured only 45 percent of the biogas.

The project expansion allows Robeson County, which is served

by LREMC, to reduce greenhouse gases while creating revenue for the county government. The electric power produced from the landfill gas is transmitted into Lumbee River EMC's grid and sold through a 10-year power purchase agreement to North Carolina Electric Membership Corporation (the power supply entity owned by the state's electric cooperatives). The gas-to-electricity facility has produced more than \$1.2 million in revenue through electricity sales, renewable energy credits and carbon credit sales.

The USDA funding, combined with \$60,000 in a LREMC matching loan and \$300,000 in county funding, met the total \$1.3 million needed for the additional equipment.

—Renee Gannon



At work in Washington

U.S. Sen. Thom Tillis met with representatives of North Carolina's electric cooperatives in May to discuss energy issues and other matters that affect cooperative members and their communities.

Try This!



Ceiling fans do not provide refrigerated cooling like an air conditioner. They move cool air around, creating a kind of wind-chill effect.

A few facts about ceiling fans

By Bret Curry

Ceiling fans have been helping Americans beat the heat for more than 100 years. Philip Diehl, a contemporary of Thomas Edison, is credited with being the inventor of the electrically powered ceiling fan in 1882. Diehl used the electric motor he engineered for the Singer sewing machine, added two paddle-blades and the rest is history. The fans caught on fast, and Diehl didn't stop there. He improved his design by adding a light kit. By World War I, most ceiling fans were revving up with four paddle-blades rather than two.

An important reminder about ceiling fans is they do not provide refrigerated cooling like an air conditioner. Instead, they simply move air in proximity to the fan. This movement of air from the electromechanical device is called convective cooling. The movement of air is no different than folding a piece of paper and fanning your face. This past winter, Mother Nature was dishing out lots of convective cooling. You may recall the weather forecasters cautioning us about wind-chill factors. Whether produced by wind, ceiling fans or a piece of paper, air moving across our skin will evaporate the moisture produced by our bodies, which makes us feel cooler.

Research shows that more than 75 percent of all homes in the U.S. have ceiling fans. When used correctly, they can help lower summer cooling costs and make the air near the fan feel cooler than it actually is. Using ceiling fans in conjunction with your air conditioner creates a wind-chill effect inside your home. The energy-saving idea is to run your ceiling fan at the speed of your liking and simply raise the

set point of the thermostat 3 to 5 degrees. Do keep in mind, your comfort is a personal choice, so the recommended fan speed and thermostat settings are not set in stone.

A frequent question asked about ceiling fans is: "Which direction should the paddle-blades spin during the summer months?" Looking at the fan from below, your fan needs to spin counterclockwise in order to push the air-flow downward. The opposite, or clockwise, applies for the winter. However, some people do not enjoy air movement from a ceiling fan during the heating season.

There is a downside to using ceiling fans. They can rack up unnecessary kilowatt-hours when no one is around to enjoy the breeze. Many homeowners have the idea they are somehow helping to cool the interior even while they are away from the home. Left on and unattended, ceiling fans are just spinning up your electric bill.

Furthermore, an invisible culprit emitted from ceiling fans is unwanted heat gain generated from the spinning motor. Remember, the last thing we want in our homes during the summer is additional heat. Unnecessary heat gain makes our air conditioner work harder to keep our homes cool. Ceiling fan motors generate temperatures that can reach near 130 degrees. While this operating temperature is normal and safe, it does add heat to your dwelling. A simple flip of the switch or pulling the chain into the off position when you are away or not occupying the room is a cool summer energy tip. ☺

Bret Curry is the residential energy manager for Arkansas Electric Cooperative Corporation.

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The \$100 Union



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ON TO THE FUTURE

North Carolina's electric cooperative leaders in April **embrace new ideas** for leading communities into **the future**

At the annual meeting of their statewide organizations, more than 350 board members, managers and key staff of North Carolina's electric cooperatives in April focused on how cooperatives are poised for serving diverse and emerging needs among their members. Referring to the meeting's theme of leading communities into the future, CEO Joe Brannan of the North Carolina Electric Membership Corporation told the co-op delegates that three key activities will inspire them in that task: communication, technology and service.

The meeting also included a variety of educational panels, keynote speakers, officer reports, as well as service and scholarship awards.

Statewide leaders elected

The following were elected to 2015–2016 board leadership positions in the cooperatives' statewide organizations.

NCEMC (power supply): President Mark A. Suggs, Pitt & Greene EMC; Vice President Dale F. Lambert, Randolph EMC; Secretary-Treasurer Paul Spruill, Tideland EMC.

NCAEC (co-op services): President Carl W. Kornegay, Tri-County EMC; Vice President Susan E. Flythe, Cape Hatteras Electric; Secretary-Treasurer Toby Speaks, Surry-Yadkin EMC.

TEMA (material supply): President David Eggers, Blue Ridge EMC; Vice President J. Michael Davis, Tri-County EMC; Secretary-Treasurer Bertice Lanier, Four County EMC. ①

Watch a portion of Gov. McCrory's remarks on our website: carolinacountry.com



Directors and staff from the state's cooperatives were energized by the annual meeting of their statewide organizations.



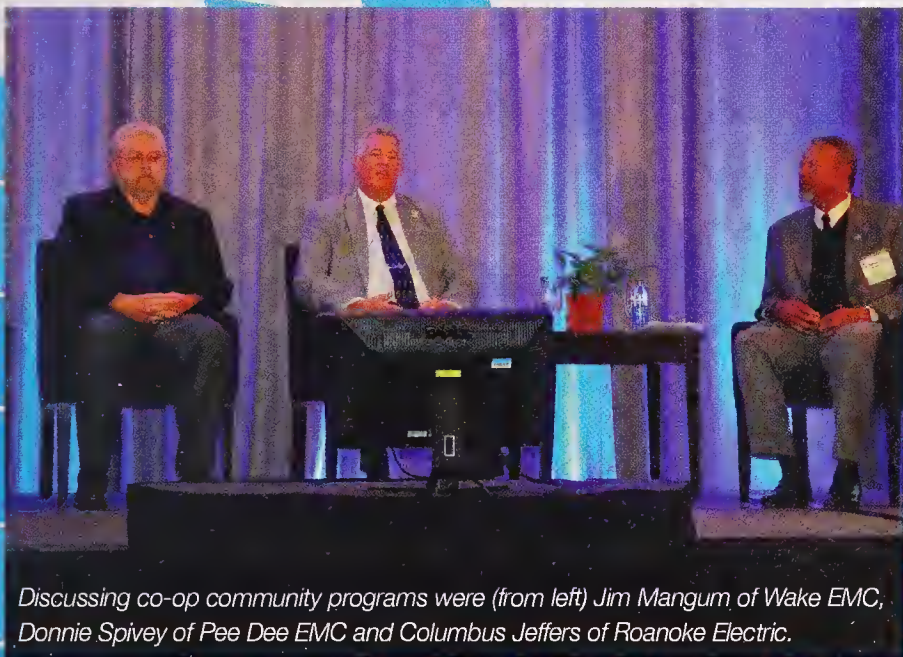
After delivering a speech, Gov. Pat McCrory signed a bill proclaiming the second Monday of every April "Lineman Appreciation Day."



Futurist Jack Uldrich opened minds to what will be coming next.



Rebecca Tippet of UNC's Carolina Population Center described the state's changing population.



Discussing co-op community programs were (from left) Jim Mangum of Wake EMC, Donnie Spivey of Pee Dee EMC and Columbus Jeffers of Roanoke Electric.



Presiding CEO Joe Brannan urged co-op directors and staff to embrace change in technology, communication and services.



Judy Gore (at right) was recognized for pioneering the Bright Ideas education grants program at Brunswick EMC 20 years ago (with BEMC's Heather Holbrook and Don Hughes).



Discussing government relations were (from left) Carmen Dietrich, Lumbee River EMC; Bill Barber, Piedmont EMC; Dale Lambert, Randolph EMC; and Ken Thomas, Haywood EMC.



Dylan Phillips (Wake EMC) heads to UNC-Chapel Hill.



Haley Nicole Sink (EnergyUnited) heads to Duke University.

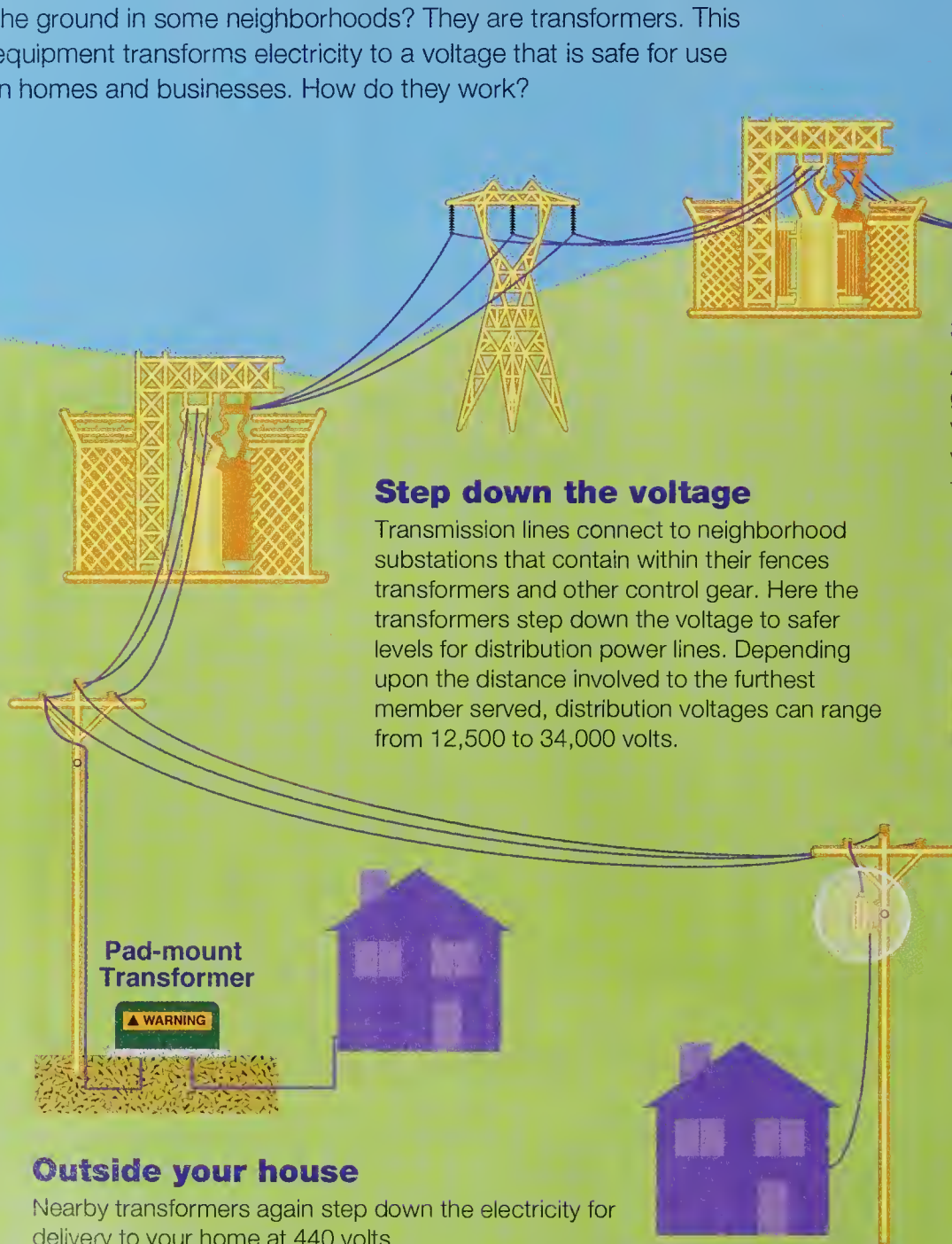


DeLance Stephens (South River EMC) heads to Campbell University.

Left: The North Carolina Association of Electric Cooperatives awards three scholarships at the meeting annually to standout students sent by co-ops to the Youth Tour to Washington the year before. (Photos by Randy Berger)

WHAT IS A *transformer*?

Have you ever wondered what those gray metal cylinders are on power poles? How about those green metal boxes you see on the ground in some neighborhoods? They are transformers. This equipment transforms electricity to a voltage that is safe for use in homes and businesses. How do they work?

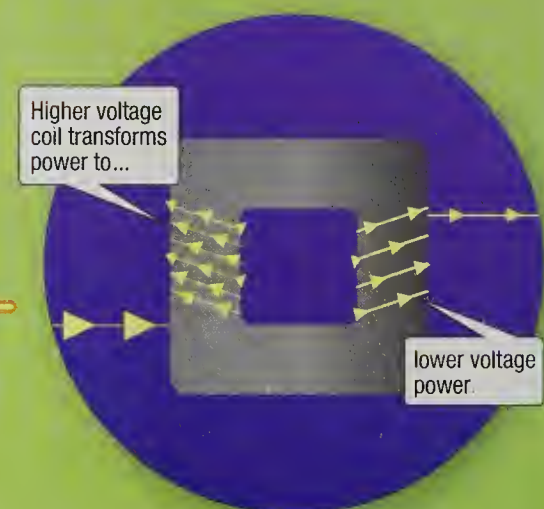


Step up the voltage

At the power plant the electricity produced by generators is stepped up by transformers to a very high voltage, often to 350,000 or 500,000 volts. High voltages help to send electricity on transmission lines over long distances.

Step down the voltage

Transmission lines connect to neighborhood substations that contain within their fences transformers and other control gear. Here the transformers step down the voltage to safer levels for distribution power lines. Depending upon the distance involved to the furthest member served, distribution voltages can range from 12,500 to 34,000 volts.



How transformers work

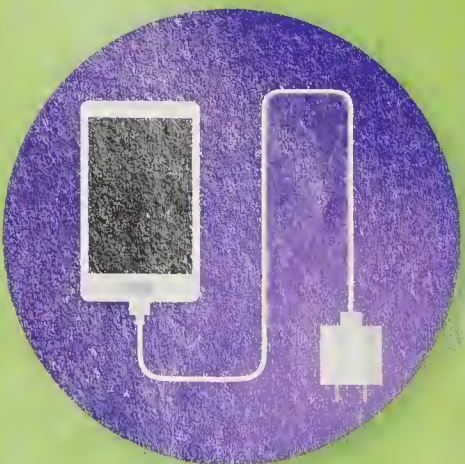
Regardless of the shape and size of the transformer, they all work in the same manner. They have two sides, a high-voltage side and a low-voltage side. In normal operation, electricity flows into the transformer on the high-voltage side, where it goes into a coil of wire usually wound around an iron core. Each coil has a different number of turns. The greater the number of turns, the higher the voltage. The coil on the high side will have more turns than the one on the low side. As a result, the voltage on the low side is less.

Outside your house

Nearby transformers again step down the electricity for delivery to your home at 440 volts.

Tiny transformers

Transformers can be found everywhere in our daily lives. The best example is the charger that all cell phones and many other electrical devices come with. These small cousins of utility transformers basically perform the same function. Charging your cell phone with 120 volts will fry it instantly. So, the charger converts the voltage to a more tolerable 5 volts or so.



Go to our website to see a video on how transformers work: carolinacountry.com

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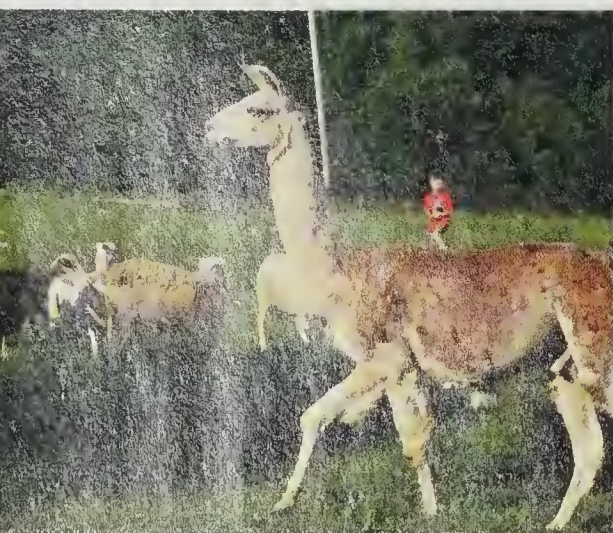
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ON GUARD

Guard animals on assignment to protect herds from coyotes

Text and photos by Hannah Miller



An enraged mama cow may be the first line of defense for a calf threatened by coyotes, but on Ronald and Rose Millsaps' farm in Iredell County, the second line is a gentle-eyed, 11-year-old white donkey named Sarah.

At NC State University's research farm near Raleigh, the sheep and goats look to two Great Pyrenees dogs, Thor and Gunner, for protection.

And at Richie and Teresa Herman's farm in Alexander County, it's a fuzzy, leggy 200-pound llama who stands between young lambs and potential disaster. Old, at about 10 years, and toothless, Osama bin Llama is nevertheless "a terrorist to coyotes," says Teresa Herman, an EnergyUnited member and Iredell County agriculture Extension agent.

"If strange dogs come in, he'll run like he's vicious," she says. "The neighbors have actually seen him run coyotes off."

Top: Guardians Sarah and Rudy are at the feeder as "their" herd heads for the shade in north Iredell County's late afternoon sun.

Left top: Coyotes prey most on weak animals. Here a calf keeps close to its mother as Sarah—extra protection in the pasture—walks by.

Left center: NCSU lambs with Thor, one of two Great Pyrenees dogs that guard the flock at the university's research farm outside Raleigh. (Photo by William B. Knox)

Left bottom: Osama bin Llama stretches his long legs past "his" flock of Katahdin sheep.

"If strange dogs come in, he'll run like he's vicious. The neighbors have actually seen him run coyotes off."

Coyotes, once unknown in North Carolina, have become such a threat to livestock, especially young livestock, that many farmers have resorted to four-footed help. "Everybody that has a sheep farm has a guard animal," says Micah Orfield, a member of Blue Ridge Electric and an Ashe County agriculture Extension agent. Not only are coyotes more numerous now, "they're not as scared as they once were," she says.

Ancient shepherds

In ancient times, breeds of dogs, including the Great Pyrenees, were developed in Europe and Asia to protect unattended flocks from wolves, bears and great cats, says William B. Knox, operations manager at NCSU's Small Ruminant Education Unit. Now, in North Carolina, not just dogs but donkeys and llamas give chase to anything that threatens "their" flocks.

"I guess the Lord just gives them the instinct," says Rose Millsaps, Sarah's owner and a member of EnergyUnited.

Ben McCann, whose sheep graze practically in the shadow of Mount Mitchell in Yancey County, says their donkey companion, the soft-eyed Lulu, can turn fierce in an instant. "She's a real sweetheart," he says, but when she spies even a

Unlike trappers and hunters, guard animals are on duty around the clock.

dog in her territory, “she can really perk up.” She even protects the sheep from the electric fence, says McCann, a French Broad Electric member. “If they get up close, she’ll give them a little nip and get them away from it.”

Shooting coyotes is permitted statewide, though five counties – Hyde, Dare, Beaufort, Washington and Tyrrell – require permits. Trapping, with a permit, is legal statewide.

But Lorie Townsend, a Blue Ridge Electric member and a livestock specialist at the NCDA&CS’s Upper Mountain Research Station in Laurel Springs, says “We never caught one coyote in the trap. They were very sly. We’ve only shot a couple.”

Unlike trappers and hunters, guard animals are on duty around the clock. When he sleeps, Osama puts himself between the flock and the woods, where coyotes may lurk, Richie Herman says.

Not a cure-all

Owners point out that coyotes often attack in packs, and nothing is fool-proof against that. Townsend lost so many lambs at the research station this year — 17 out of about 60 — that the sheep were moved away. She had three guard llamas and a donkey, she says, but “I think they couldn’t be everywhere at the same time.”

“Even as hard as Osama works,” Teresa Herman says, on the same night he lost a three-month old pygmy goat, Mattie, and a show lamb being raised by the Hermans’ 8-year-old son, Eli.

Eli is OK, she says. “It’s not the first time it’s happened to him. But it makes him sad.”

As for Osama: “Osama did his best. He just can’t be everywhere at once,” she says. “Without him, goodness knows how many we’d have lost.”

Hannah Miller is a Carolina Country contributing writer and photographer who lives in Charlotte.



Above: Not even her 200-pound protector, Osama bin Llama, could save three-months-old pygmy goat Mattie here in Alexander County.

Right: Rose Millsaps of north Iredell County with Sarah, her cows’ guardian donkey.

Below: Eli Herman with the family’s Katahdin flock, guarded by Osama bin Llama, “a terrorist to coyotes.”



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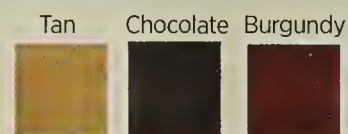
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By Michael E.C. Gery

In 1997, Willie “Buddy” Melvin wanted to build a treehouse on family land outside of Roseboro. “Only, I didn’t want a little boy’s treehouse.” He was 42 years old. With recycled lumber he built a room that wrapped around the base of a water oak. His friends came by to admire it, so he added to it. “Tearing down old houses and tobacco barns, cleaning up the wood, hauling it back here.” He expanded it every year “except ’02.”

By 2014, Buddy Melvin’s Treehouse had 16 rooms covering about 12,000 square feet. “Two bathrooms, four bars, two bedrooms, a dance floor, a kitchen. I had a four-hole putt-putt in here at one time.” Inside the VIP Bar and Lounge on the second floor you’ll see polished wood surfaces, sofas, TVs, twinkling lights, music, easy chairs, a mural, sculptures. From a balcony seat perch “like the Apollo,” you look down onto a large dance floor that can accommodate a band or a DJ. You can wander up to the Pool Room to play a round, walls adorned with art and posters (many showing off Livingstone College, Willie’s school). You can kick back on the open-air deck. “It’s a place for the fellas to hang out.”

Or for a birthday party, wedding reception, a family reunion. Plenty of parking out back. Roast a hog, put on a spread, and take your plate up to the wide, elevated screened-in porch that has tables and chairs looking out windows to the lawn.

Over the years, friends and visitors have donated decorations, art, mirrors, furnishings. They’ve also signed the walls. “The names highlighted are the ones who passed.” Pictures show many good times, as well as his mama (in a place of honor), his daddy (a schoolteacher), his granddaddy, and his great-granddaddy (a slave).

Managing and cleaning the Treehouse is almost a full-time job. Willie Melvin’s other job is as the in-school suspension facilitator at Roseboro Elementary School. Will he add on to the Treehouse? At 60, Willie says, “I’m done.”

Willie “Buddy” Melvin
413 Fisher Dr., Roseboro, NC 28382
(910) 322-8038



See more pictures: carolinacountry.com

See Buddy Nelson’s house on
WRAL-TV’s “Tar Heel Traveler.”
wral.com/lifestyles/travel/video/10562050

PLACES TO PLAY

TREEHOUSES, PLAYHOUSES & FORTS

Whether it's a fort to fight pretend foes, a treehouse so you can feel tall, or a playhouse to either hide from family or invite them in, children love having their own places to play (adults too!). Choosing the winners of our contest was a fun challenge for our judges, who admired the varied creations that readers submitted. We wish we could publish more in the magazine. Here are the winners and their stories, and thanks to all who entered.

—The editors



FIGURING IT OUT

Last summer, my husband Frank decided to build a treehouse for our children. He watched a how-to DVD and consulted a treehouse idea book. Then he just started building, figuring things out as he went. Some of our children—Tabby, Hunter, and Solomon—helped too. Frank used old cedar planks from his late father and wood from his late Uncle Henry. The roof is covered in old split cedar roofing shingles, and the mailbox belonged to his late Uncle Davey. Plus, there are ladders and a slide, a swing, a basket on a pulley, skylights, windows, a door, and an “escape hatch.” A rock-climbing wall and fireman’s pole are forthcoming.

Lisa Hollowell, Moncure, Central Electric



SKY-HIGH FUN

I wanted to do something special for my daughters, so I did. It's not really a treehouse, it's more like a playhouse in the sky. It started with an idea and took off to become year-round fun. Inside, there's power, heat, and A/C. Outside, there's the breeze through your hair from a 120-foot zip line. A playhouse with an elevator to access the top level and two swinging rope bridges. There isn't anything that I wouldn't do for my girls.

Zachary Cox, Asheboro, Randolph EMC

LAURENS AND BUDDY'S CLUBHOUSE

This is my 9-year-old daughter Lauren's clubhouse. Built off the ground to resemble a beach-style cottage, it has double French doors, windows front and back, a fountain and a porch swing. Lauren and her twin cousins, Jessica and Emily, enjoy sleepovers in the loft. A ground-level deck offers a hammock, and Adirondack chairs. Lauren enjoys reading, playing games, doing homework and hanging out with her Shih Tzu dog Buddy, but most of all it is one of their favorite spots to relax (and Dad's, too). Their clubhouse was built with love for a sweet, beautiful and loving daughter by me and my friends Donald Neems, Robert Hatcher and Lowell Oakley, for whom we are very thankful.

Brent Talley, Roxboro, Piedmont Electric





AHOY, MATEYS!

Here's our epic pirate ship treehouse Our dear friend Wendy (a 26-year-old engineer) and her father built the main structure in just four days. It includes a climbing wall, firepole, zip line, swings, slides and a crow's nest.

Susan Nelson Dibble, Youngsville, Wake Electric



GRAMMY'S FORT

Inspired by the fort from her youth, this creation is full of adventure for Grammy AND her grandchildren. It boasts an indoor picnic table, front porch, working shutters and door and shelves full of toys. Look closely at the stairs—all five grandchildren are listed in birth order: Hannah (pictured), Nathan (pictured), Ethan, Megan and Katelyn, with more stairs awaiting new offspring. Chickens live underneath and offer the fun chore of egg collecting. There's a small goldfish pond in front where grandchildren "fish" for goldfish (Shh...they don't know there isn't a hook on the fishing pole). Time passes and grandchildren grow up but Grammy's Fort continues to attract family and friends.

Cheryl Allin, Raeford, Lumbee River EMC



ROME WASN'T BUILT IN A DAY, EITHER

In my absence, my mother and mother-in-law decided my son Jeb needed a play set, and decided I'd build it. They determined it shouldn't take me more than a few hours to construct. Jeb should be happily swinging by next week while they drank mint juleps in the sun. Well, eight months later, a few vacations, and just about every Saturday I thought my wife and I owned, I finished. It turned into a car set, then a flying saucer set, then a P-51 fighter plane set, and a dump truck set. I finally settled on a Super Chief design, the coolest looking train ever. Beside the swings, there's a trapeze bar. You can crawl up a ramp to the inside, where there is a lit dashboard with old car gauges and a working throttle to steam down the tracks. The grandmas and Mom and Dad can relax on the little deck in back. After his first swing, the smile on my son's face made it all worth it. Higher, Daddy, higher!

Scott Meier, Marshville, Union Power



MONKEY HOUSE

This was modeled after the orangutan habitat in the National Zoo in Washington, D.C. It comes complete with solar lights, a zip line, pulley system to haul up a picnic or spy gear, a hammock down below, and even a fire pit around back for weekend s'mores or an oyster roast.

Blair Lambert, Boonville, Surry-Yadkin EMC



A COMFY EXTRA HOME

My granddaughter, Amelia Lyn West, 4, loves to visit with her Papa and Mimi (my husband Mike and me) and to play in our backyard playhouse. It sports a kitchen, dining room and bedroom, giving Amelia all the comforts of home.

Teresa Sheets, Sanford, Central Electric



THE TEENAGERS COULDN'T LET IT GO AFTER ALL

I built this treehouse for my grandchildren 10 years ago. Now that they are sophisticated teenagers, they no longer use it. I told them that I was planning to take it down. After listening to their disapproval, it remains and has been placed on our family "Historic Building" list.

Edward Lysak, Waxhaw, Union Power



FORT BENJAMIN

I hand-built this for my son Benjamin (holding his dog Goofy) and his best friend Sam. They love "defending" our property. The sign is made from wormy chestnut from a barn on the land I grew up on in Watauga County.

Michael Dishman, Wake Forest, Wake Electric



GROWN-UPS NEED TO PLAY, TOO

My wife has always wanted a treehouse. When she saw the show "Treehouse Masters," that was the last straw. I built her one for her 70th birthday, and it is now her sanctuary in the trees. She decorated it with her yard sale and flea market treasures. It's also a gathering place for friends, neighbors and, of course, the grandchildren.

Don Cole, Mocksville, EnergyUnited



MORE EQUALS MORE

This photo shows our five grandchildren posing in the treehouse they helped design and build with their grandpop over the last two years. It's still a work in progress, and the more we build the more we want to add to it. Not sure we'll ever be finished!

Jay Ray, Charlotte, Union Power


See more on carolinacountry.com



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Dog lovers know there's nothing like coming home and being welcomed by a person's best friend.

Getting your home ready

Just as a home needs to be prepped for the arrival of a new baby, you must also make preparations for dog adoption. In fact, some shelters will even check whether your home is suitable for dog ownership with a site visit before approving your application. If you're a homeowner, be sure to take steps to make your home dog-friendly.

Decide in advance which rooms of the house your dog will be allowed to enter. Baby gates may be an option and work well as barriers for dogs. Have all the necessary items for your dog ready for his or her arrival like a leash, collar, crate and toys.

Areas of the home that contain dangerous substances should also be safeguarded. For example, medications and cleaning supplies should be stored securely.

If you've never owned a dog before, you may not have paid much attention to your neighborhood's dog parks, trails and walkable routes. Ask friends and co-workers about good places to go, or do an online search for suitable locations.

Animal shelters

Between 6 and 8 million cats and dogs enter shelters each year, and 2.7 million adoptable cats and dogs are euthanized in such shelters annually, according to the Humane Society of

Adopting a dog

Prep your home, pick a vet in advance

Dogs play a special role in a home, bringing laughter, love and warmth. But dog ownership comes with great responsibility and there are certain things to consider before beginning the adoption process.

the United States. Although you can buy a dog from a breeder, consider choosing a dog at your local animal shelter.

"Adoption has become the preferred way to find a new dog, puppy, cat or kitten," says Abbie Moore, executive director of Adopt-a-Pet.com. "Not only is this often a more affordable route, but you are saving a life in the process."

Campaigns raise awareness about the adoption issue and help dogs and families find each other. For example, Coldwell Banker Real Estate has partnered with Adopt-a-Pet.com for the "Homes for Dogs Project" which aims to find homes for 20,000 dogs in 2015. The company is engaging its network of sales associates to help adoptable dogs find homes in their communities through a variety of tactics, including hosting adoption days by partnering with local shelters in the Adopt-a-Pet.com network.

To learn more about how you can help make your adoption goal a reality, visit coldwellbanker.com/dogs. On this website, you can enter your zip code to see dogs ready to adopt near you.

Other considerations

A dog's medical care should begin immediately after adoption, so identify the veterinarian you plan to use before taking your dog home. Start with a recommendation from a friend, neighbor, animal shelter worker, dog trainer, groomer, boarding kennel employee or pet sitter.

According to the Humane Society, you can check for accreditation by the American Animal Hospital Association online at aaha.org. AAHA accreditation means that a veterinary hospital has voluntarily pursued and met AAHA's standards in the areas of facility, equipment and quality care. Once you've narrowed your search, schedule a visit to meet the vet and other staff (a reasonable practice that a vet should accommodate).

Also, remember to budget for dog ownership. Beyond regular supplies, food vaccinations and check-ups, add in some padding as an emergency fund in case your dog becomes ill.

—StatePoint

To find dog parks and other dog-friendly place in North Carolina, visit bringfido.com/attraction/state/north_carolina.



On the road

Keeping fit and healthy while traveling

Even the most disciplined exercisers face fitness hurdles when traveling: from varied schedules to unhealthy foods to the lack of fitness equipment. Nonetheless, experts say that maintaining a healthy lifestyle is absolutely possible while traveling.

Here are ways you can stay healthy on the road.

Packing for workouts

Download or bring favorite workout podcasts or DVDs. Designate ideal workout times and create reminders on your mobile device.

You can pack right (but light) for fitness. Accept the challenge of weight resistance while skipping the need for heavy dumbbells with feather-light equipment such as jump ropes, resistance bands and ankle weights. These items can be used for full-body workouts.

If you'd like to chill out but still exercise, yoga is a quiet and relaxing way to unwind, stay flexible and gain strength. If you don't have room for a yoga mat in your suitcase, use a towel.

Or you can use no equipment and use your body weight to

work out. For example, start with a short warm-up of jogging in place, high knees or jumping jacks. Depending on your fitness level, complete 10 to 50 reps of pushups, alternating lunges, dips, squats and sit-ups or crunches. Repeat the circuit two or three times, trying variations of each exercise.

Choose and stock your food

Having your own food as opposed to eating out can help you cut down on excess calories (as well as your sodium intake). Stock up healthy snacks and non-perishables at the grocery store or pick up supermarket shortcuts for nutritious meals in your room.

If you're going to be away for a longer period of time, consider staying at an extended stay-style hotel with a full kitchen such as Extended Stay America or Candlewood Suites or Marriott's longer-stay hotels. Extended Stay America is among accommodations that offer filtered water, too.

Get fresh air

Try booking a hotel near a park or recreational area. A brisk walk or run is great way get pumped for the day's activities or help unwind from a busy day. Download your favorite running app to keep track of your route, distance and progress.

Reinitiating a lapsed fitness routine is a lot harder than maintaining one all along. The next time you leave town, bring your healthy lifestyle along with you.

—StatePoint

Will your home withstand storm season?

Document it for insurance, shore up weak points

Year after year, Americans witness storms that cause damage and loss of life. And according to the North Carolina Department of Public Safety, North Carolina is among four southern states that have led the nation in the number of billion-dollar weather-related disasters since 1980. Most of those disasters are related to tropical storms.



Although coastal homes are the most vulnerable to a direct hurricane hit, inland residences also suffer severe damage from high winds and flooding as well as tornadoes.

The North Carolina coast is the most vulnerable to a direct hurricane strike, but inland cities and towns across the state can also be devastated by the high winds and potential tornadoes, flooding and landslides from hurricanes and tropical storms.

During hurricane season, from June 1 to November 30, you should have a family emergency plan in place and a family emergency supplies kit assembled. For your home, no matter where you live there are things you can do to protect it and your family.

Greg Beste, member of the American Institute of Architects Disaster Assistance Committee and project management director of IVI Assessment Services, offers some storm season preparation tips:

- Document your home, before disaster strikes. Grab your camera or smartphone and photograph your home now, covering the foundation and all interior and exterior spaces. At best, you'll have a nice keepsake; at worst, a visual documentation that can be used for an insurance claim in case of disaster. You can also share the images with your insurance company right away for its files.

- Be an expert on your house. How old is it? What type of framing does it have? When was the roof last repaired or replaced? These are questions you should know, as they could dictate what changes should be made, either before or after a storm strikes.

Beste also has advice specifically about making your home more secure. For example, if high winds are a major worry for you, you could add an extra layer of protection by swapping out the shingles on your roof for a heavier material.

Or you could secure the roof sheathing with a more wind-resistant nailing pattern, using an extra box or two of nails. Know where your home is weakest; those spots are the first places to shore up in defense.

Also know that a safe room to shelter your family during a heavy storm doesn't have to be high-tech. With the right construction and design, your

mud room, laundry area or even a powder room can be a safe haven. (For more about safe rooms, visit fema.gov/safe-rooms.)

If you are building or rebuilding, consider designing beyond code. Building codes are the minimum standard and in many cases, have not been updated to reflect the current reality.

If you live in a particularly vulnerable area, an architect can advise on additional measures to take—for instance, in coastal areas, building a foot higher than the minimum flood zone would indicate is recommended. Resources like The American Institute of Architects' website (architectfinder.aia.org) can help you connect with information and individuals you need.

If you're working with an architect to build or retrofit your home, make sure that he or she understands the importance of resiliency and your building goals. Communication at every step is key.

—StatePoint

See an illustrated guide to preparing your home and family for severe weather at carolinacountry.com.

Watch for Me NC

Communities and state government work together on pedestrian and bicycle safety

Every year, more than 2,400 pedestrians and 960 bicyclists are hit by cars on North Carolina streets. These figures make the state one of the least safe for walking and bicycling in the nation, according to the Watch for Me NC program. Worse, the program reports about 160 pedestrians and 20 bicyclists are, on average, killed each year in North Carolina.

Watch for Me NC, run by the North Carolina Department of Transportation (NCDOT) in partnership with local communities, is aimed at reducing the number of pedestrians and bicyclists hit and injured in crashes with vehicles.

The campaign involves two key elements: 1) safety and educational messages directed toward drivers, pedestrians and bicyclists, and 2) enforcement efforts by area police to crack down on some of the violations of traffic safety laws

Local programs are typically led by municipal, county or regional government staff with involvement of many others, including pedestrian and bicycle advocates, city planners, law enforcement agencies, engineers, public health professionals, school administrators and others.

Participating communities

NCDOT received applications earlier this year from areas interested in implementing Watch for Me NC programs, and recently announced its new partner communities. They are:

- Asheville

- Charlotte
- Corolla
- Davidson
- Granville County (including Butner, Creedmoor and Oxford)
- Jacksonville
- Marion
- Murphy
- Surf City

These existing partners will continue to work with Watch for Me NC:

- Boone/Appalachian State University
- Carrboro
- Cary
- Chapel Hill/UNC Chapel Hill
- Dare County - Outer Banks communities
- Durham/Duke/N.C. Central University
- Greensboro/UNC-G and NCA&T
- Greenville/ Pitt County
- Raleigh/NC State University

As campaign partners, communities receive printed materials and media advertisements to help improve public awareness. Partner communities also participate in specialized police officer enforcement training. The UNC Highway Safety Research Center will continue to provide technical support with campaign implementation.

Free materials for all

Watch for Me NC invites communities across North Carolina to become partner communities. Accepted communities receive additional support and training from NCDOT.

Still, the campaign encourages all North Carolina communities to use Watch for Me NC materials to improve pedestrian and bicyclist safety in their communities. Materials are in English and Spanish. To find out more and download materials, visit watchformenc.org.

WHERE IN
CAROLINA COUNTRY
IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by June 5 with your name, address and the name of your electric cooperative.

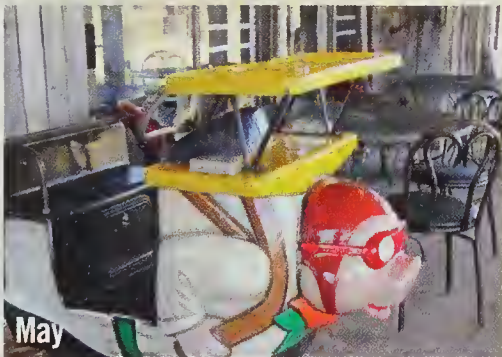
Online: carolinacountry.com

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our July issue, will receive \$25. To see the answer before you get your July magazine, go to "Where Is This?" on our website carolinacountry.com.



May winner

There were 123 correct answers for the May picture (by Karen House), submitted by people from a half dozen electric cooperatives. It showed the Pik-n-Pig restaurant at the Gilliam-McConnell Airfield in Carthage, Moore County. Many of you said it serves the best pulled pork. And you can watch planes and helicopters taxiing at the airfield. Closed Mondays. (910) 947-7591 or pik-n-pig.com. The winning entry chosen at random from all correct submissions came from James Eads of Cameron, a member of Central EMC.

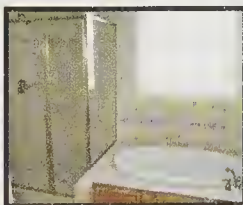
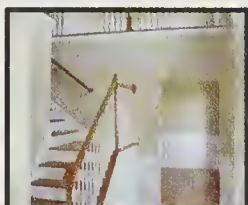


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CAROLINA COUNTRY
scenes
Photo of the month



We're here!

On arrival for vacation at Carolina Beach, my girls were so excited to see the ocean they jumped right in!

Melissa Hildebrand, Wake Forest, Wake Electric

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2015 photo contest ("Carolina Country Scenes," February 2015). See even more at the Photo of the Week on our website carolinacountry.com.

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50-54	\$18.50	\$15.50	\$25.50	\$21.30	\$36.00	\$30.00	\$88.50	\$73.50
55-59	\$23.00	\$19.25	\$31.80	\$26.55	\$45.00	\$37.50	\$111.00	\$92.25
60-64	\$28.00	\$21.50	\$38.80	\$29.70	\$55.00	\$42.00	\$136.00	\$103.50
65-69	\$33.50	\$26.00	\$46.50	\$36.00	\$66.00	\$51.00	\$163.50	\$126.00
70-74	\$45.00	\$35.00	\$62.60	\$48.60	\$89.00	\$69.00	\$221.00	\$171.00
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Alfred and Pauline Rominger

In all the chaos

Our family recently celebrated my parent's 65th wedding anniversary. Alfred and Pauline Rominger raised six children on a small farm in Watauga County. A day's work was never done. Mother baked biscuits from scratch every morning and many days we would return from school to homemade apple pie. Mother raised a huge garden and canned everything, while Daddy built houses for a living.

Mornings were usually chaotic as we tried to get ready to catch the bus on time. I remember Daddy meandering through the chaotic house, boisterously proclaiming, "I wish I'd been born rich instead of so beautiful!" As an adult going to work these mornings, I understand the meaning of Daddy's saying.

My parents always managed to supply our needs, but the best thing they did for us was to instill moral values through example and to take us to church. Daddy still teaches Sunday School and has dedicated his life to his little community church. While our family may not have been rich monetarily, we were rich in so many other ways. And my parents are indeed most beautiful.

Judy Matheson, Sugar Grove, Blue Ridge Electric

Dad, the artist

When I was a young boy, I thought of my Dad as a superman. He was a commercial artist who created the most extraordinary images. I can remember sitting next to my Dad at his drafting table, watching him work. I would watch him draw and paint for hours. Dad had work with many museums and advertising agencies. He worked at home in his studio in the basement. My brother, my sister and I would often visit him there.

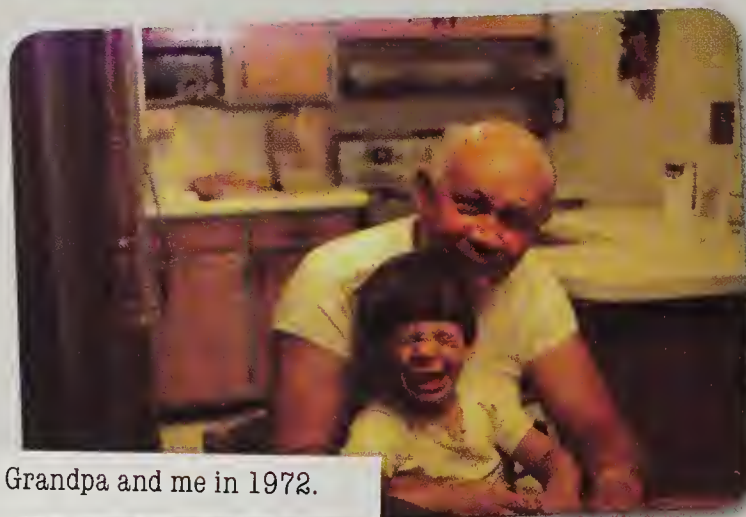
At age 8, after deciding I no longer wanted to be a dinosaur when I grew up, I knew I would become an artist. I learned about art at a very young age because of my Dad. I started painting professionally at the age of 16. My first commissioned work was for a fire station.

Like my Dad, I have worked for museums and advertising agencies. I have been working as a commercial artist for over 40 years.

Mark Musy, Hayesville, Blue Ridge Mountain EMC



Dad at his drafting table in the 1960s.



Grandpa and me in 1972.

With Grandpa on Wayah Bald

When I was young, my grandfather, Eugene Griffiths, retired as a policeman in Florida and moved to the rural town of Franklin, N.C., in a little mountain house next to a creek on Wayah Bald Mountain. He had always longed to get back to the country life he had led as a kid on the farm. He spent most of his retirement helping on a nearby farm and hanging out with friends at "Loafer's Glory," the local general store.

As a youth, I spent a year living with my grandparents, and we became very close. My grandfather taught me about nature, living fully and being a good human being. We would spend days fishing, hunting and singing silly made-up songs as I strummed the guitar. Late at night, we would often raid the kitchen and make pizzas from Bisquick and Grandma's spaghetti sauce.

A few years later, after I had moved to Charlotte with my parents, I learned that Grandpa had gotten cancer. Less than a year later, he passed away just two months shy of my 18th birthday. I remember crying but being proud to have loved a man so rare. He was smart, funny, witty and a joy to be with. It's been 27 years since he passed, but I bet there hasn't been a day when I haven't thought of him and the time we spent together.

David Nardelli, Locust, Union Power Cooperative



Some may think it's not much of a place, but it's filled with love and memories for me.

Holden Beach

As a 17-year-old from Delaware, all I had ever known about the beach was going to "the shore" in New Jersey or Delaware, where the water never got over 70 degrees and the beaches were filled with people. I didn't know the beach could be any different.

As a freshman at Campbell College, I met my future husband. His family owned a cottage at Holden Beach, N.C. He invited me to go with his family to the beach one weekend, and I learned what a real beach was like.

I have spent the last 44 years going to Holden Beach. It is my "Little Piece of Heaven." My husband was raised going to Holden Beach with his family. They started their own traditions that have been carried over to our family: Chamblee's famous barbecue chicken, swimming in the Intracoastal Waterway, digging holes in the sand at the beach, looking for falling stars at night are just some. We watched our children take their first steps, begin to talk and grow up in this place of wonder.

Linda Chamblee, Raleigh, Brunswick EMC

The street corner singer in Boone

As a girl growing up in Boone in the 1950s, my Saturday routine was to accompany my mother to her "hair-do" appointment in downtown Boone. Her hairdresser's shop was on King Street, next door to Boone Drug and a few stores down the street from the Franklin Five and Dime Store on the corner. Most Saturdays I would leave my mother having her hair done and walk to the corner store to "shop." I would buy a pack of candy cigarettes (can you imagine this today?) or a box of new Crayola crayons.

More than the shopping, I recall the most wonderful guitar player who sat outside the Five and Dime. He would sit and play the better part of the morning. If I had extra money, I would place it in his battered tin cup. He was blind, and I was just amazed he could play so well. I also felt so sorry for him that he had to play music for his meager living. He never seemed to feel sorry for himself and was just a gentle soul that I could sense, even as a 7-year-old girl. Old timers can remember Paul Harvey and his "now you know the rest of the story."

Well, the talented blind, gentle guitar player who got my nickels was soon to become the famous Doc Watson. As an adult, I have heard him play in concert several times, but I will always remember him in Boone playing on the street corner.

Kim Carpenter Lee, Unionville, Union Power Cooperative

The baptismal in Uncle Sam's pasture

My closest neighbors and playmates were Dorothy, Beverly, Julie, Rachel and Jennie, all sisters. Our ages ranged from 13 to 3.

One year, we had recently had our annual revival and baptismal at Long Branch Baptist Church. On a Saturday afternoon while we were playing, we decided not to go to church the next morning. We were going to have our own church service.

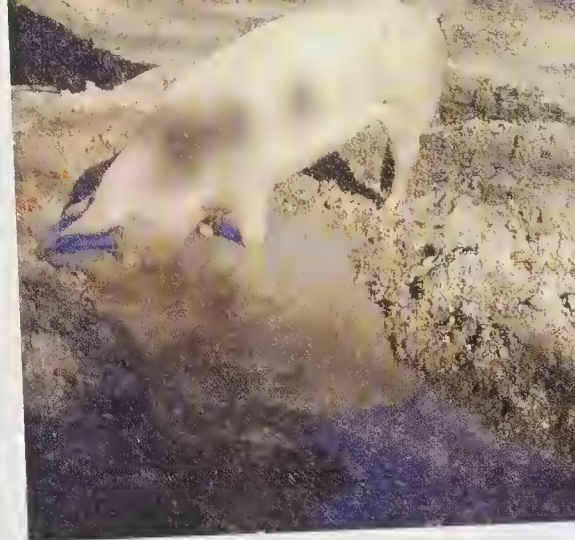
Across the road were Uncle Sam's pastures. There were cows, mules, hogs and geese over there. A huge muddy ditch ran about in the center of it. At one area, there was a wide circle of water covered with red, yellow and green maple fall leaves. Possibly this spot became larger because the animals had been drinking and the hogs had been bathing there.

We had taken along a Bible and some old church hymnal. I was the designated preacher. I do not remember which scripture I read, but I talked to them about their souls. They all pretended to cry and decided to join our church. We sang "Shall We Gather at the River" and "Where He Leads Me."

At this point, we decided to have our baptismal service. I led all of them into the two feet deep ditch. Beginning with the oldest, I held their noses and submersed them backward beneath the beautiful floating leaves, saying, "I baptize my sister in the name of the father, son and the holy spirit! Amen." (The youngest declined.)

We went back to the house, dripping muddy wet with maple leaves stuck on our hair and clothes. Jennie was the first to approach her mother and said, "Essa-lene baptized my sissas." She laughed so very hard. I was a little apprehensive, because I was afraid I would lose my pastoral right.

Estalene Autry, Autryville, South River EMC



The hogs had been bathing there.

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Re-eco store

This unique store in Wilmington sells items made by four artists. Owned by Robert Holst and his wife Mary, it's truly a family business in that they and their adult children Miles and Laura all make the creative items for sale. Their goal is to provide a variety of offerings for the eco-conscience consumer, making every effort to use local, domestic, reclaimed and recycled materials. Retail categories are art, fashion, furniture, and products for home and self. Their American-made furniture is artistically embellished with low VOC paints. Specific home items include beach, garden, sport and college-themed wall-mounted bottle openers (\$28) and hand-printed cotton flour sack towels (set of two for \$24). Art pieces include original and giclee prints of Robert's acclaimed works. Re-Eco Design also offers design services and welcomes custom and wholesale orders. Re-Eco Design is on 5323 Oleander Drive in Wilmington. You can also order many of its items on its online store.

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Days to remember

Ben Moore and Todd Lake first met in the early 1990s, performing music at the University of Maine while learning to become teachers. Today, they live one mile apart, as the crow flies, north of Rutherfordton, so it wasn't long before the two began strumming and singing together. The duo, both teachers in McDowell County, formed after Ben invited Todd to sing with him at a couple of weddings and funerals. A variety of influences, including the music of James Taylor, John Denver, and Simon and Garfunkel, plus smooth harmonies and strong Christian faith, define their music. You can learn more about the duo on their website, LakeAndMoore.com. They've recently released their first CD, "Days to Remember." It offers 12 original songs. Titles include "Come On Home," "The Road Ahead," and "Seventies Song." You can download each song for 99 cents, all songs for \$9.99 or buy the CD for \$13.99.

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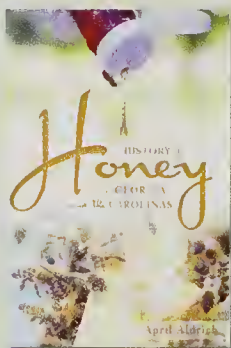
on the bookshelf

History of Honey in Georgia and Carolinas

In the late 1800s, Georgia and the Carolinas produced millions of pounds of honey and created a lasting legacy within the industry. Author and beekeeper April Aldrich traces the delectable history of honey and beekeeping throughout the region, from ancient apiaries to modern meaderies and beyond. As many know, the uses for the sweet nectar go well beyond flavor. Bee pollination extensively benefits agricultural crops in the area and elements from the beehive are commonly used in popular cosmetics, medicines and mead. Aldrich also looks at serious challenges that beekeepers face, such as Colony Collapse Disorder. Softcover, 144 pages, \$19.99.

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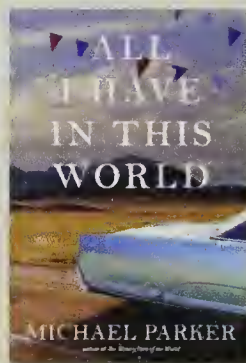


All I Have In This World

Two strangers meet over the hood of a used car in Texas: Marcus, who is fleeing his financial and personal failures, and Marie, who after years of dodging her mistakes, has returned to her hometown to make amends. One looking forward, one looking back, they face off over a car they both want and think they need. It's a low-slung, sky-blue 1984 Buick Electra, and after knowing each other less than an hour, they decide to buy it together.

This novel looks at love, the power of friendship and the ways we must forgive ourselves if we are ever to move on. Published by Algonquin Books of Chapel Hill, and written by Michael Parker, who teaches in the MFA writing program at UNC-Greensboro. Softcover, 320 pages, \$12.01; e-book \$9.99.

amazon.com



Salt Moon

Throughout her poetry, Noel Crook draws on myth and memory to reveal a hopeless yet beautiful world. Her lyrics cover sacrifice and betrayal, parental love and patricide, unleashed desire and cornered despair. These antitheses fuel Crook's imagination, which ranges freely from Comanche raids in Texas to a slave plantation in North Carolina, from a carpet maker in Istanbul to beggars in Delhi, from her daughter's hospital room to the war in Iraq. Her poetry is potent and arouses the senses. For example, "House" (about the 200-year-old farmhouse where she and her husband live) begins like this:

*Swaybacked, molting, mildew-blackened
between fallow tobacco fields,
its sprung shutters sagging*

Crook divides her time between Raleigh and Kittrell and is a member of Wake EMC. Published by Southern Illinois University Press. Softcover, 80 pages, \$12.35; e-book is \$10.49.

(800) 843-2665 (800-The-Book)

barnesandnoble.com



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New kind of beat makin'

Ready to make some music? Beat Making Lab provides students with the basic tools to begin making music by using a laptop, a mic and music production software. It doesn't require students to read standard music or play a traditional instrument. Instead they learn composition, sampling and songwriting on laptops, and are encouraged to sample the sounds of their own neighborhoods and to use these sounds in their productions.

Beat Making Lab started as an innovative course at UNC-Chapel Hill, founded by producer/DJ Stephen Levitin (aka Apple Juice Kid) and Dr. Mark Katz (author of "Groove Music: The Art and Culture of the Hip Hop DJ"). Professor and emcee Pierce Freelon joined Apple Juice Kid to co-teach

the popular music class in 2012, and was instrumental in transforming the curriculum to a community setting format used across the globe. The project's success led to collaboration with PBS Digital Studios.

In addition, North Carolina's statewide public television network, UNC-TV, collaborated with PBS and Beat Making Lab to create the first U.S.-based edition of the web series. The three-part episode, focusing on Chapel Hill, Durham and Raleigh, premiered online last year. Its three videos can be seen here: unctv.org/content/beatmaking. Additional Beat Making Lab episodes from other locations are at youtube.com/user/beatmakinglab.

Parties are developing open source, beat making software. For more information, visit beatmakinglab.com.



Inspiring kids to learn about nature



Do you recall when kids loved to play outside? A Walk in the Woods is an environmental educational company that introduces children and teenagers to nature's wonders. Its hands-on science programs are like a traveling museum in that they are conveniently brought to you. Locations and groups it services include schools, home schools, preschools, after school programs, summer camps, churches, 4-H, scouts and libraries and events such as festivals and birthday parties.

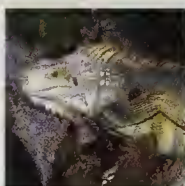


The science programs are presented by Concord resident and founder Melody Bell Wilkes, who worked as a wildlife museum curator and naturalist for more than 20 years. Wilkes' long list of environmental certifications include Master Gardener and avian, freshwater fish, reptile and small mammal specialist.



Science programs offered

Her programs includes a colorful Power Point presentation, hands-on artifacts (examples include snake skin, animal pelts and alligator skulls), interactive educational displays and live animals for touching. Wilkes estimates she teaches roughly 10,000 North Carolina participants each year. Participants have learned about sea turtles, reptiles, insects, bats, local wildlife, tropical rainforests, coral reefs and more. Perhaps more importantly, the programs are fun and spark interest in the great outdoors. Wilkes offers several themes and programs can be tailored to meet particular needs.



To see a list of cities, towns and counties served and to schedule a science program: (704) 436-9048 awalkinthewoods.us



tar heel lessons

a guide to NC for teachers and students



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June Events



The Larkspur Party in Raleigh shows off the talents of more than 30 regional artists and offers a private garden tour. It runs Saturday, June 6, from 10 a.m. to 6 p.m., and Sunday, June 7, from 10 a.m. to 4 p.m. Admission is free. Larkspurparty.com

Mountains (west of I-77)

Charity Horse Show—Saddlebred
June 4–7, Blowing Rock
(828) 295-4700
blowingrockhorses.com

Digital Watauga
Local preservation project
June 5, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Ole Smoky Antique Tractor & Engine Association
June 5–6, Waynesville
(828) 593-8327
olesmokytractorclub.com

Day Out With Thomas
June 5–14, Blowing Rock
(877) 893-3874
tweetsie.com

Hiking NC Lookout Towers
An author reading
June 9, Lake Lure
(828) 625-0456
mountainsbranchlibrary.org

Garden Inspired Art Workshop
June 10, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

**What Is Appalachian Music?
A Playlist Project**
June 11, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Gallery Crawl
June 12, West Jefferson
(336) 846-2787
ashecountyarts.org

BBQ & Music Festival
June 12–13, Tryon
(828) 859-7427
blueridgebbqfestival.com

Rummage Sale
June 12–13, Boone
(828) 264-7865
wataugahumanesociety.org

Traditional Tales
Told by ReVonda Crow
June 13, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Movie On The Meadows
June 13, Chimney Rock State Park
(828) 625-9611
chimneyrockpark.com

Concert In The Park
June 14, Blowing Rock
(828) 295-7851
blowingrock.com

National Pollinator Week
June 15–21, Chimney Rock Park
(828) 625-9611
chimneyrockpark.com

The Ballad of Frankie Silver
Film screening
June 16, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

**Floating Sculptures:
Duck Decoys With DC North**
June 18, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Listing Deadlines:
For Aug.: June 25
For Sept.: July 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website.
Or e-mail events@carolinacountry.com.

Mountain Arts Adventure

June 19–21, Sparta
(336) 372-7464
ncmountainartsadventure.com

Team Umizoomi—Math Superheroes

June 19–21, Blowing Rock
(877) 893-3874
tweetsie.com

Daylily Farm Festival

June 20, Morganton
(828) 584-3699
bearwdaylilyfarm.com

Summer Show

Artist & Craftsman Association
June 20–21, Lake Junaluska
(828) 648-0500
bracaorg.com

PlottFest

Live music, dog agility demos
June 20–21, Maggie Valley
(828) 452-0152
visitncsmokies.com

Zoe & Cloyd

Summer concert
June 21, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Simon Says Summer Birding

June 21, Chimney Rock Park
(828) 625-9611
chimneyrockpark.com

Coffee With The Curator

June 23, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Heritage Day & Wood Kiln Opening

June 27, Lenoir
(828) 295-5099
traditionspottery.com

Writers On The Rock

Authors' readings
June 28, Chimney Rock Park
(828) 625-9611
chimneyrockpark.com

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historichendersonville.org

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www.historiccarsonhouse.com

Bluegrass Music Jam

Thursdays, Marion
(828) 652-2215

Last Shot Fired

150 Anniversary Civil War
(800) 334-9036
visitncsmokies.com

Rock School Arts Foundation Exhibition

Through July 24, Valdese
(828) 879-2129
visitvaldese.com

Concerts On The Creek

Through Aug., Sylva
(800) 962-1911
mountainlovers.com

Friday Night Jam Session

Through Nov. 20, Lake Toxaway
(828) 966-4060
toxawaycc.com

Groovin' On The Green

Fridays June 5–Sept. 4, Cashiers
(828) 743-8428
visitcashiersvalley.com

Liberty Mountain Drama

Turning Point of the Revolution
June 26–July 19, Kings Mountain
(704) 730-9408
KMLibertyMountain.com

An Appalachian Summer

June 27–July 31, Boone
(800) 841-ARTS
Appsummer.org

Gospel Singing

June 29–July 4, Candler
(828) 667-8502
primitivequartet.com

Piedmont (between I-77 & I-95)**Sons Of Thunder Biker Day & Ride**

June 6, Monroe
(704) 753-1084
whatasavior.com

Carz for Kidz Car & Truck Show

June 6, Fayetteville
(910) 728-5372

Grease, The Movie

June 6, Yadkinville
(336) 679-2941
yadkinarts.org



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June 27th - July 4th
Pembroke, North Carolina

Saturday, June 27, 2015 Event

Golf Tournament (Pinecrest Country Club)
Registration 7:30-8:30 am; Tee Off 9:00 am
Lunch 12:00

Saturday, July 4, 2015 Events

Lumbee Outdoor Market (Monday-Saturday)
9:00 am (Food, Arts, or Crafts) – 636 Prospect Road

5K Run/Fun Walk (Kiwanis)

Southeastern Fitness Center – Registration 5:30 am – 6:45 am – Race starts at 7:15 am

Car Show – 8:00 am – 3:00 pm – 636 Prospect Road – UNCP Campus

Parade – 10:00 am – 636 Prospect Road

AISES Pow-wow – 12:00 noon – UNCP Quad

Outdoor Gospel Concert – 6:00 pm – 9:00 pm – LRDA Office Complex

Lumbee Fireworks Sky Show – 9:00 pm – LRDA Office Complex

For all events go to:

www.lumbeehomecoming.com

910-521-8602

47th Annual Lumbee Homecoming

Rail Trail Hike
June 6, Gold Hill
(704) 267-9439
historicgoldhill.com

Operation Ceasefire Movie Night
June 6, Fayetteville
(910) 433-1017

Blues 'N Brews
June 6, Fayetteville
(910) 323-4233
cfrt.org

Larkspur Party
Tour of private garden,
art & crafts for sale
June 6-7, Raleigh
larkspurparty.com

Garden Tour
June 6-7, Statesville
(704) 878-3429
statesvilleappearance.org

Civil War Reenactment
June 6-7, Huntersville
(704) 875-2312
lattaplantation.org

Spring Concert Series
June 11, Fayetteville
(910) 486-0221
capefearbg.org

**The Princess Bride,
The Movie**
June 13, Yadkinville
(336) 679-2941
yadkinarts.org

**Early American Dancing
& Courting Rituals**
June 13, High Point
(336) 885-1859
highpointmuseum.org

Runaway Bride
Movie Sunday Series
June 14, Roxboro
(336) 597-1709
kirbytheater.com

**Averasboro/Bentonville
Civil War Bus Tour**
June 20, Fayetteville
(910) 433-1457

Walking Tour Of Washington Street
June 20, High Point
(336) 885-1859
highpointmuseum.org

Casting Crowns Concert
June 20, Fayetteville
(910) 438-4100
crowncomplexnc.com

Spring Concert Series
June 25, Fayetteville
(910) 486-0221
capefearbg.org

NC Brewers Celebration
June 27, Charlotte
(716) 803-2755
ncbrewerscelebration.com

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Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
www.liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
www.visitmayberry.com

Fourth Friday
Arts, shopping
Fayetteville
(910) 483-5311
www.theartscouncil.org

Juried Exhibit: ARTQUILTSreminisce
Through June 21, Cary
(919) 460-4963
paqa-south.org

NC Field Of Honor
Honoring military heroes
Through June 27, Fayetteville
(910) 222-3382
ncfieldofhonor.com

Art Pottery: Utility To Unique
Through Aug. 16, Fayetteville
(910) 433-1944

Thunder Road Cruise In
First Sunday through Oct. 25,
Mount Airy
(336) 401-3900

Cruise In
Second Sat. through Sept., Dobson
(336) 648-2309

**Art & Flowers:
Color, Form & Harmony**
Through June 20, Fayetteville
(910) 223-1510
ellington-white.com

Our Art Is...
Through June 21, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Stagville: Black & White Exhibit
Through Sept. 13, Fayetteville
(910) 486-1330
ncdcr.gov

NOT ALONE—Arts
June 22—July 19, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Lumbee Homecoming
June 27—July 4, Pembroke
(910) 521-8602
Lumbeehomecoming.com

Old Thresher's Reunion
June 30—July 4, Denton
(336) 859-2755
farmpark.com

Coast (east of I-95)

**Kayak For Warriors
Reception & Auction**
June 4, Pine Knoll Shores
(252) 808-2998
k4tw.org

Seafood and Shag Festival
June 5, Roanoke Rapids
(252) 676-9686
visithalifax.com

**300 National Truck &
Tractor Pull**
Morgan's Corner Pulling
Park
June 5-6, Elizabeth City
252-339-5461
Mcttp.com

Ocracoke Festival
June 5-7, Ocracoke
(252) 928-1811
ocracokefestival.org

Truck & Tractor Pull
June 12-14, Newport
(252) 223-4019
newportfleamall.com

Historic District Tours
June 13, Murfreesboro
(252) 398-5922
murfreesboronc.org

**Freedom Run & Color
Outburst**
June 27, Southport
(910) 457-6964
nc4thofjuly.com/events

A Salute To America, We the People
Patriotic concert
June 27-28, Bolivia
(910) 363-4183
sea-notes.com

ONGOING

Art Walk
First Friday, Elizabeth City
(252) 335-5330
http://ecncart.com

Art Walk
First Friday, Greenville
(252) 561-8400
www.uptowngreenville.com

**Brady C. Jefcoat
Museum Tours**
Saturdays & Sundays, Murfreesboro
(252) 398-8054
murfreesboronc.org/jefcoat.htm

Second Saturday Tours
Historic district
guided tours
Through October, Murfreesboro
(252) 398-5922

**Sunday In the
Park Concerts**
Sundays, Greenville
(252) 329-4567
grpd.info



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Brian Stokes Mitchell JULY 11
Eastern Festival Orchestra JULY 12
David Grisman Sextet JULY 17
The Beach Boys JULY 18
Twenty Feet from Stardom's
Lisa Fischer & Grand Baton JULY 23
In/Visible Theatre: *Without Words* JULY 24 & 25
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Appalachian Festival Photo by Tony Greenfield



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Yeee-haaaa!

A museum dedicated to
“The Dukes of Hazzard”

A museum has opened in Rougemont that pays tribute to a fondly remembered TV show, and fittingly, a good ol’ boy created it. Stacey Harris grew up near the Orange County Speedway and is kin to local stock car drivers. A member of Piedmont EMC, he lives in Rougemont and has been working on exhibits at the Museum of Life & Science in Durham for 26 years. Last year the craftsman opened a museum of his own.

It started was when Harris and his wife went to the Hazzard County Homecoming in Sperryville, Va., in 2013. There, he got to meet actors Catherine Bach (Daisy), Ben Jones (Cooter), John Schneider (Bo) and the late James Best (Rosco). “It was kind of exciting, it really was. They were really nice people, too. It got me inspired to do this.”

The hit TV comedy ran from 1979 to 1985, and starred two buff, Southern cousins named Bo and Luke, who sped and regularly jumped into an orange ’69 Dodge Charger called “The General Lee.” The two were justice seekers who worked to foil corrupt deeds by county commissioner Boss Hogg and sheriff Rosco P. Coltrane, but Bo and Luke managed to get in trouble on their own as well. They

CAROLINA COUNTRY adventures



Stacey Harris repurposed stock car parts into creative displays at his Boars Nest.

were assisted by their father-figure Uncle Jesse and knock-out cousin Daisy Duke, whose tight shorts could be described as a supporting actor in their own right.

Those who visit will enter a recreated Boars Nest (a restaurant/tavern in the series). There’s a pool table and a rebuilt 1969 Dodge Charger (set to become a replica of “The General Lee”) and souvenirs such as lunch boxes and posters. Adding to the atmosphere are autographed photos, a Rosco-like uniform, license plates, hubcaps, highway signs and old soda pop and moonshine bottles, plus Waylon Jennings singing from the jukebox.

You can play a “Dukes of Hazzard” racing Xbox video game, or race cars on a 15-foot slot car track, or race the other two eight-foot Hazzard-themed tracks. Harris, who is also an electric bicycle dealer, has creatively repurposed materials. A TV sits atop a stack of stock car tires and his all-LED lighting includes a light strung around hanging Coca-Cola crates to illuminate the pool table.

More than 500 fans have visited since the 2014 opening, and Harris says their smiles are his pay. He hopes his Boars Nest will become a local gathering spot. Visitors are welcome to share memories out on his deck

overlooking a creek and enjoy snacks from a small gift shop.

—Karen Olson House

Open on Saturdays from “warm spring” through Oct. 3. It’s best to check the Facebook page (Boars Nest A Dukes of Hazzard Museum) or call before you go. Or, the museum is open when the orange 01 flag flies out front. Admission is free (donations accepted).

The Boars Nest
4647 Helena Moriah Rd.
Rougemont, N.C., 27572
(Person County)
(919) 257-0662

To see a video about Stacey Harris and the Boars Nest, visit carolinacountry.com.



Lost harvest

Reasons for poor fruit set

Just because a well-tended summer vegetable garden is green and growing doesn't mean it will produce a bounty of edibles. Why? If plant flowers don't set fruit, there won't be any fresh produce from your garden. Fortunately, most problems that prevent fruit set can be overcome—you just have to know what to look for, such as:

Nitro Nuked. A sin many gardeners commit: too much nitrogen. This essential plant element is necessary—but in moderate amounts. Using a fertilizer that is high in nitrogen content will grow large, healthy plants with lush foliage—extra foliage often produced at the expense of crops. If you have the need to feed, apply weak solutions such as compost tea, fish emulsion or a teaspoon of 5-10-10 fertilizer in a gallon of water around your veggies about every three to four weeks.

Shady Situation. Sun-loving summer vegetables simply will not do very well in areas that receive less than five hours of direct sunlight. In such locations, most vegetable plants become tall and spindly as they search for the sun. The stress of too much shade also causes veggie plants to cut back on flower production. And then it's simple botany: few flowers, fewer vegetables.

Pesticide Spree. Squash, pumpkins, watermelons and cucumbers—and to an extent, okra, eggplant and

peppers—are vegetables that benefit from visits by pollinating insects such as bees and butterflies. Mess with these six-legged friends, and you will be messing with the production of your garden. If you must spray plants because of harmful insects, first try a contact insecticide such as horticultural oil or insecticidal soap, and apply it early in the morning or at dusk when pollinating activity by beneficial bugs is at its minimum to help prevent accidental poisonings.

Weather Woes. Here is one area where quality crop production depends on the benevolence of Mother Nature. Extended periods of rain can hamper fruit set because such monsoons prevent pollinators from flying and also rinse pollen from flowers. On the other end of the weather spectrum, long stretches of 90 degree-plus heat with no rain in sight will not only decrease pollinating insect activity, but the pollen grains in vegetable flowers become less viable.

Garden to Do's

June

- ▶ Extend the beauty of annual ornamentals deep into the summer by continuing to plant colorful warm season eye-catchers such as petunias, marigolds, zinnias, portulaca, celosia and sun coleus.
- ▶ Aquatic garden lovers, plant your tropical water lilies! And since these pond pretties are heavy feeders, don't forget to add to the pots tablets of time-release fertilizer formulated for aquatic plants.
- ▶ The best time to weed in the garden is after a soaking rain because it will be easier to pull the unwanted plants out with their roots intact. Take care not to step too close to cultivated plants—wet soil is easily compacted.
- ▶ Replace water in the bird bath at least once a week, and give the bowl a monthly scrubbing with a brush to keep it clean.

July

- ▶ Free plants! Now is a great time to take semi-hard cuttings of such ornamentals as aucuba, azalea, buddleia, clematis, nandina, gardenia, holly, kerria, camellia, viburnum and weigela.



Eastern Bluebird



Tip of the Month

When the blooms of daylilies fade away, pick off the spent blossoms to prevent seed production that will sap energy that would otherwise be stored and used for next year's flower show. Thinking about letting the seeds develop and growing your own daylilies? Think again. More likely than not, they will yield uncertain, substandard offspring. Besides, dividing daylily clumps (best done in early fall) is a faster way to propagate these beauties, and the progeny will be true copies of their parents.

- Herbs should begin to mature this month, and the best time to harvest them for peak flavor or scent is early in the morning before the sun's rays strengthen.
- Worried about indoor pollutants? Spider plant, aloe vera, philodendron and golden pothos are very efficient at clearing the air in offices and homes of unhealthy chemical compounds.
- It is not too late for warm-season lawn renovation. Bermudagrass, centipede, St. Augustine and zoysia can still be planted this month.

L.A. Jackson is the former editor of Carolina Gardener Magazine. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com.

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YOUR 11 ANY 17 COLT 19 ART 15

To see how we solved it, send e-mail to joyner@carolinacountry.com. Use Puzzle in the subject line.

OFF THE INTERNET

Quick, a Caswell County farming community, used to be known as Kill Quick. Some say that is because "They used to kill 'em quick out here."

A nearby community used to be known as Row Town (rhymes with cow), because some residents would cause brawls and commotion at two country stores.

Both communities are peaceful now. Maybe I shouldn't have brought up the subject.

UNSCRAMBLIT

The town of Valle Crucis, in Watauga County, sits where two mountain streams intersect. The name means

— — — — —
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A C E F H L O R S T V Y means
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Oh, Henry?



Why are all salmon named Ella?



For answers, please see page 49

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Changing minds to change lightbulbs

Q: I am eager for my parents to use less energy in our home. I think it will be an easy way for my family to make an impact on the natural environment. My parents are uninterested. Is there a way to get them interested?

A: It is frustrating when people we love are not equally excited about our passions. Even if individuals are less concerned about their impact on the environment, they may be motivated by saving money or becoming more comfortable in their homes. Communication skills are important in making progress with our family members, peers, community and world.

Three basic communication tools that you can use with your uninterested parents are reflect, inspect and deflect.

Reflect: Respect their viewpoint by reflecting, which is restating their reasoning using different words to make sure you both are on the same page. For example, “You are worried that switching to CFL lightbulbs will make the rooms dimly lit.” Your parents will respond with “Yes!” Or they will tell you they are more worried about the bulbs looking funny.

Inspect: The next step is to inspect their motivations and source of information. Perhaps they don’t know that some CFLs and LEDs look like incandescent bulbs. Do they know Energy Star CFLs and LEDs last 10 to 25 times longer and use one quarter of the electricity than incandescent bulbs? Your mother may love the idea that climbing a ladder to replace dead lightbulbs in the foyer chandelier will be a rare chore if she makes this change. Doing a little math to show the dollar savings can go a long way. Express your message to meet your audience’s interests.

Deflect: Deflecting is when you agree to disagree. Your dad doesn’t want to seem like a “tree hugger” by having energy-efficient bulbs in his home. Over time, you can present him with morsels of information to gain his interest. Patience is key. Humor is also a way to break down this barrier.

I recently chatted with North Carolina high school students who are serving in a year-long fellowship with the Alliance for Climate Education (ACE), a national nonprofit educating America’s high school students about the science behind climate change and inspiring them to take action. These North Carolina teens strive to break away from the “tree hugger” stigma by working with respected groups, role models and community organizations. They stressed that community movements are more influential than their individual voices.

These teens have recently teamed up with the North Carolina Cooperative Extension E-Conservation program that educates and empowers North Carolina residents to reduce energy use and increase energy efficiency. The students have attended numerous trainings with ACE and E-Conservation to help them better understand the “why” and “how” of saving energy. Part of their training included job shadowing a home energy contractor as his crew



Durham student Bailey Recktenwald, from a Wake EMC family, is working with the Alliance for Climate Education to inspire people in her community “to make minor adjustments to their lives in order to save energy and money.”

inspected and improved a Durham home. Now the students are tasked with conducting two home energy audits and creating do-it-yourself videos and articles that highlight their work with E-Conservation.

Bailey Recktenwald, an ACE Fellow and Wake Electric cooperative member, is excited about making a do-it-yourself video for households that will be shared across the country. She hopes that her volunteer efforts with ACE and E-Conservation will “inspire people in [her] community to make minor adjustments to their lives in order to save energy and money.”

Consider joining other passionate youth like Bailey through organizations like ACE or your school’s environmental club to strategize and make a difference in your community.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

For more information

E-Conservation energy.ces.ncsu.edu or call your county’s Cooperative Extension agent

Alliance for Climate Education acespace.org/ActionFellowship

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Broccoli Mac & Cheese Bake

- 3 cups uncooked elbow macaroni
- 4 cups fresh broccoli florets
- ½ cup butter, cubed
- 3 tablespoons all-purpose flour
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon pepper
- ⅛ teaspoon salt
- 2 cans (12 ounces each) evaporated milk
- 2½ cups (10 ounces) shredded cheddar cheese, divided
- ½ cup crushed cornbread-flavored crackers (about 6 crackers)

Cook macaroni according to package directions, adding broccoli during the last 3–4 minutes; drain.

In a large saucepan, melt butter. Stir in the flour, garlic powder, onion powder, pepper and salt until smooth; gradually stir in the evaporated milk. Bring to a boil; cook

and stir for 2 minutes or until thickened. Remove from the heat; stir in 2 cups cheese.

Place half of the macaroni and broccoli in a greased 13-by-9-inch baking dish. Top with half of the cheese sauce. Repeat layers. Sprinkle with cracker crumbs and remaining cheese.

Bake, uncovered, at 375 degrees for 20–25 minutes or until bubbly.

Yield: 12 servings

Baked Chicken Nachos

- 2 medium sweet red peppers, diced
- 1 medium green pepper, diced
- 3 tablespoons canola oil, divided
- 1 can (15 ounces) black beans, rinsed and drained
- 1 teaspoon minced garlic
- 1 teaspoon dried oregano
- ¼ teaspoon ground cumin
- 2¼ cups shredded rotisserie chicken
- 4½ teaspoon lime juice
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 7½ cups tortilla chips
- 8 ounces pepper Jack cheese, shredded
- ¼ cup thinly sliced green onions
- ½ cup minced fresh cilantro
- 1 cup (8 ounces) sour cream
- 2–3 teaspoons diced pickled jalapeno peppers, optional

In a large skillet, saute peppers in 1½ teaspoons oil for 3 minutes or until crisp-tender; transfer to a small bowl. In the same skillet, saute the beans, garlic, oregano



and cumin in the remaining oil for 3 minutes or until heated through.

Meanwhile, combine the chicken, lime juice, salt and pepper. In a greased 13-by-9-inch baking dish, layer half of the tortilla chips, pepper mixture, bean mixture, chicken, cheese, onions and cilantro. Repeat layers.

Bake nachos, uncovered, at 350 degrees for 15–20 minutes or until heated through. Serve with sour cream and pickled jalapenos if desired.

Yield: 16 servings

From Camino Bakery

Camino Bakery's Tomato Pie

Makes 8 4-inch tarts.

Crust

- 2 cups (9 ounces) bread flour
- 6 ounces butter, cold, diced
- ½ teaspoon salt
- ⅓–½ cup ice water

In a stand mixer fitted with a paddle attachment, mix flour and salt.

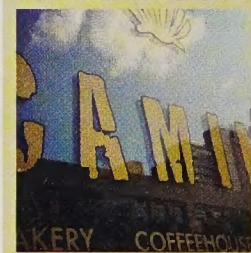
Then add ½ of the butter and mix on medium until the mixture resembles coarse cornmeal. Add the rest of the butter and mix briefly — no more than 30 seconds — to combine. Turn the mixer off and put your hands into the mixture; if there are large pieces of butter left in the mixture, squish them with your fingertips. With the mixer running on low, slowly dribble in the ice water. As soon as the dough clumps together stop adding the water and turn mixer off.

Shape the dough into a disc and wrap the dough in plastic; refrigerate for at least 1 hour or up to 1 day. Roll out chilled dough and shape into 8 4-inch tarts. Put aluminum foil and either pie weights or dried beans on top of the crusts, and pre-bake for 40 minutes at 325 degrees. Remove foil and weights from crusts and let cool.

Filling

- 30 ounces of grated cheddar cheese
- ¼ onion, chopped
- 2 ounces fresh basil leaves, chopped
- 7 ounces mayonnaise
- Pinch of salt & pepper
- 6–8 tomatoes, sliced

Mix all ingredients except for the tomatoes in a bowl. Put 2–3 tomato slices in each tart crust. Gently press equal portions of the cheese mixture on top of each crust, and bake for 40 minutes at 325 degrees.



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Bloomberg Television	C-SPAN	Hallmark Channel	Nickelodeon/Nick At Nite	TV Guide Network
Boomerang	Discovery Family	Hallmark Movies & Mysteries	Nicktoons Network	Travel Channel
CBS Sports Network	Food Network	HLN	Outdoor Channel	USA

\$29⁹⁹
mo
for 12 months

America's Top 120

Over 190 Favorite Channels

abc CBS NBC FOX CW PBS

A&E	Discovery Channel	Fuse	MTV2	TBS
ABC Family	Dish CD - 30+ Music Channels	FX	NBA League Pass	TLC
Cartoon Network - E/W	Disney Channel E/W	HGTV	NHL Center Ice	TNT
CMT	E! Entertainment Channel	History	Pivot	Travel Channel
CNBC	ION	ION	Reelz Channel	USA
CNN	ESPN2	Lifetime	Sirius XM - 70+ Music Channels	VH1
Comedy Central	ESPNEWS	msnbc	SpikeTV	
C-SPAN 2	ESPNU	MTV	Syfy	

\$39⁹⁹
mo
for 12 months

America's Top 200

Over 240 Favorite Channels

Includes all America's Top 120 channels
plus channels listed below.

Al Jazeera America	Disney XD	Investigation Discovery	NHL Network	truTV
AMC	Esquire Network	Lifetime Movie Network	Nick Jr.	Turner Classic Movies
Animal Planet	FOX Business News	MLB Network	Ovation	UniMas
Baby First TV	FOX Sports 1	National Geographic Channel	OWN Oprah Winfrey Network	Univision Este
BET	Galavision	NBA League Pass	Oxygen	VH1
Bravo	Golf Channel	NBCSN	Sundance TV	
Disney Junior	GSN	NFL Network	TeenNick	

\$39⁹⁹
mo
for 12 months

America's Top 250

Over 290 Favorite Channels

Includes all America's Top 200 channels
plus channels listed below.

American Heroes Channel	Destination America	FYI	mun2	Tennis Channel
beIN SPORTS - 2 Channels	Dish Music 1B+ Music Channels	H2	Nat GEO WILD	TheBlaze
Boomerang	Encore - 7 channels	Movie Channel - W	Nicktoons Network	VH1 Classic
Chiller	FX Movie Channel	Movie Channel Xtra	Rural TV	Z Living
Cooking Channel	Fusion	MoviePlex	Sportsman Channel	Plus Many More

All offers require 24-month commitment and credit qualification. Monthly fees apply based on number of rooms.
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FlexTV Offer - Important Terms and Conditions: Activation fee: FlexTV plan requires \$199 activation fee and receiver purchase. Customers subscribing to DishLATINO or qualifying International programming package receive instant \$150 credit on activation fee. Installation/Equipment Requirements: Monthly fees and limits on number and type of receivers will apply. All charges, including monthly programming, pay-per-view and equipment upgrades, must be paid in advance; failure to pay by due date will lead to service disconnection within 24 hours.
Important Terms and Conditions: Promotional Offers: (not eligible for FlexTV Offer). Require activation of new qualifying DISH service. All prices, fees, charges, packages, programming, features, functionality and offers subject to change without notice. After 12-month promotional period, then-current monthly price applies and is subject to change. EFT: If you cancel service during first 24 months, early termination fee of \$20 for each month remaining applies. **Additional Requirements:** Hopper: Monthly fees: Hopper, \$12; Joey, \$7; Super Joey, \$10. With PrimeTime Anytime record ABC, CBS, FOX and NBC plus two channels. With addition of Super Joey record two additional channels. Commercial skip feature is available at varying times, starting the day after airing, for select primetime shows on ABC, CBS, FOX and NBC recorded with PrimeTime Anytime. Recording hours vary: 2000 hours based on SD programming. Equipment comparison based on equipment available from major TV providers as of 12/01/14. Watching live and recorded TV anywhere requires an Internet-connected, Sling-enabled DVR and compatible mobile device. **HD Free for Life:** Additional \$10/mo HD fee waived for life of current account; requires continuous enrollment in AutoPay with Paperless Billing. **Premium Channels:** Premium offer value is \$171; after 3 months then-current everyday monthly prices apply and are subject to change. Blockbuster @Home requires Internet to stream content. **Installation/Equipment Requirements:** Free Standard Professional Installation only. Leased equipment must be returned to DISH upon cancellation or unreturned equipment fees apply. Upfront and additional monthly fees may apply. **Miscellaneous:** Offers available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. State reimbursement charges may apply. Additional restrictions and taxes may apply. **Offers end 10/30/15.** HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. STARZ and related channels and service marks are property of Starz Entertainment, LLC. SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. Regular monthly rate and Promotional Rates for High Speed Internet Product varies by providers available at each individual address. Call for providers available.